



# Tot 'N Play



Welcome to the Westport Parks and Recreation's Tot 'n Play program offered through Integrated Sports Training. This exciting and action-packed camp is located at Burying Hill Beach. Campers will work with IST's pro staff and be introduced to different sports and activities, play games, participate in arts & crafts, and more! Each week focuses on a fun theme, which will connect the activities and arts & crafts for that week. Our structured, action-packed program allows plenty of room for creative individuality and varying ability levels in a non-competitive environment. Tot 'n Play is run by Sara Holland, owner of Kids Sports Zone and Growing Tree Yoga.

## GENERAL PROGRAM INFORMATION

The Tot 'N Play program is available to both boys and girls ages 3 and 4. Children age 5 may register for weeks 1 and 2 only. This program will offer fun sports based activities that promote the development of motor skills, encourage group interaction, develop communications skills, and provide an excellent form of exercise. **Children must be toilet trained.**

### TOT 'N PLAY

<b>Session 1:</b>	<b>June 14 - 18 Monday through Friday</b>	<b>9:00 am - 12:00 pm Burying Hill Beach</b>
<b>Session 2:</b>	<b>June 21 - 25 Monday through Friday</b>	<b>9:00 am - 12:00 pm Burying Hill Beach</b>
<b>Session 3:</b>	<b>June 28 - July 2 Monday through Friday</b>	<b>9:00 am - 12:00 pm Burying Hill Beach</b>
<b>Session 4:</b>	<b>July 5 - 9 Monday through Friday</b>	<b>9:00 am - 12:00 pm Burying Hill Beach</b>
<b>Session 5:</b>	<b>July 12 - 16 Monday through Friday</b>	<b>9:00 am - 12:00 pm Burying Hill Beach</b>
<b>Session 6:</b>	<b>July 19 - 23 Monday through Friday</b>	<b>9:00 am - 12:00 pm Burying Hill Beach</b>
<b>Session 7:</b>	<b>July 26 - 30 Monday through Friday</b>	<b>9:00 am - 12:00 pm Burying Hill Beach</b>

## LOCATION AND PARKING

This program will be held at Burying Hill Beach. Drop off and pick up will be in the circle parking lot. Staff will be available at 8:45 am to receive the children. If you drop your child off after 8:45 am, you must walk them to the beach and find the program instructors to leave them with. Pick up is at 12:00 pm in the circle parking lot. Late pick-ups will not be tolerated and could result in your child being suspended from the program.

## RAIN DAYS

While this is an outdoor program, inclement weather will NOT cause the program to be cancelled, but will be relocated to Integrated Sports Training, 25 Van Zant Street, Unit 3b, Norwalk, CT. It is up to you to call our cancellation line at 341-5074 to find out if camp is being moved for the day.

## EQUIPMENT

Attire for the camp should be shorts, T-shirt or sweatshirt and sneakers and socks. Please apply sunscreen to your child prior to coming to camp to protect him/her from the sun. A water bottle is also recommended. A lunch box with snacks and plenty of drinks is also recommended as well as a large beach towel.

## GENERAL RULES

- All participants are expected to respect each other and all staff. Discipline problems will not be tolerated and are grounds for immediate dismissal with no refund.
- At the end of each day, please be sure to pick up all personal belongings. There is no lost and found.

The Westport Parks and Recreation Department wants this to be an enjoyable experience for all participants. Please take the time to read this information with your child before they attend camp.

